

# FLIGHT JACKET



Vol. 10 No. 43

Marine Corps Air Station Miramar, Calif.

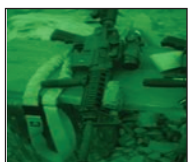
November 7, 2008



## MCAS Web site

Want to know all the buzz? Then check out the Flight Jacket online.

[www.miramar.usmc.mil](http://www.miramar.usmc.mil)



## AFTER DARK

Marksmanship Training Unit completes coaches' course with nightfire shoot. For full story, see pages 8-9.



## DVDS TO MARINES

Marine Corps Family Team Building and Sony assist families in making holiday DVDs for deployed troops, for full story see page 11.

## REACH US



EDITORIAL  
858-577-6000  
ADVERTISING  
760-754-2995



Have a great story idea?



Contact:

**FLIGHT JACKET**

Email us at [fjeditor@gmail.com](mailto:fjeditor@gmail.com)  
or call (858) 577-6000 to give us  
your story ideas.

For advertising in the Flight Jacket, please contact Krista Lafferty  
at (619) 758-9278.



Maj. Gen. Terry G. Robling  
Commanding General  
3rd Marine Aircraft Wing



Col. Christopher E. O'Connor  
Commanding Officer  
MCAS Miramar

- Maj. Jay Delarosa  
Public Affairs Director
- Master Sgt. Robert Knoll  
Public Affairs Chief
- Staff Sgt. Bobbie Bryant  
Internal Information Chief

- Stephanie A. Golubski  
Editor
- Cpl. Jessica Aranda  
Assistant Editor

The Flight Jacket is published every Friday at no cost to the government by TFM Associates, a private firm in no way connected with the Department of the Navy or the U.S. Marine Corps under an exclusively written contract with the U.S. Marine Corps.

This civilian enterprise newspaper is an authorized publication for the military services, contents of the Flight Jacket are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, Department of the Navy or U.S. Marine Corps. It is for informational purposes only and in no way should be considered directive in nature.

The editorial content is edited, prepared and provided by the Public Affairs Office. Comments or questions should be directed to 858-577-6000. Questions regarding the appearance of advertising in this publication, including inserts or supplements should be directed to TFM Associates at 760-754-2995.

Everything advertised in this publication must be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap.

# CMC honors 233 years in birthday message

During the summer of 1982, in the wake of a presidential directive, Marines went ashore at Beirut, Lebanon. Fifteen months later, on 23 October 1983, extremists struck the first major blow against American forces – starting this long war on terrorism. On that Sunday morning, a suicide bomber drove an explosive-laden truck into the headquarters of Battalion Landing Team 1/8, destroying the building and killing 241 Marines and Corpsmen.

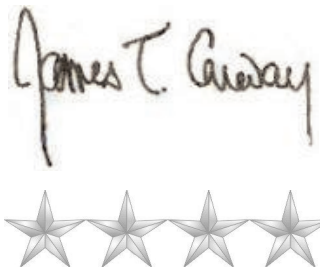
Extremists have attacked our Nation, at home and abroad, numerous times since that fateful day in Beirut. Their aim has always been the same – to kill as many innocent Americans as possible. The attacks of 11 September 2001 changed our nation forever, and our president has resolved that this Nation will not stand idle while murderous terrorists plot their next strike. Marines will continue to take the fight to the enemy – hitting them on their own turf, crushing them when they show themselves, and finding them where they hide.

Only a few Americans choose the dangerous, but necessary, work of fighting our nation’s enemies. When our chapter of history is written, it will be a saga of a selfless generation of Marines who were willing to stand up and fight for our Nation; to defend those who could not defend themselves; to thrive on the hardship and sacrifice expected of an elite warrior class; to march to the sound of the guns; and to ably shoulder the legacy of those Marines who have

gone before.

On our 233rd birthday, first remember those who have served and those “angels” who have fallen – our reputation was built on their sacrifices. Remember our families; they are the unsung heroes whose support and dedication allow us to answer our Nation's call. Finally, to all Marines and sailors, know that I am proud of you and what you do. Your successes on the battlefield have only added to our illustrious history. General Victor H. “Brute” Krulak said it best when he wrote, “... The United States does not *need* a Marine Corps ... The United States *wants* a Marine Corps.” Your actions, in Iraq and Afghanistan, and across the globe, are at the core of why America loves her Marines.

Happy Birthday, Marines and Semper Fidelis!



## General John A. Lejeune’s birthday message

“On November 10, 1775, a Corps of Marines was created by a resolution of the Continental Congress. Since that date many thousands of men have borne that name Marine. In memory of them it is fitting that we who are Marines should commemorate the Birthday of our Corps by calling to mind the glories of its long and illustrious history.

The record of our Corps is one which bear comparison with that of the most famous military

organizations in the world's history. During 90 of the 146 years of its existence the Marine Corps has been in action against the Nation's foes. From the Battle of Trenton to the Argonne, Marines have won foremost honors in war and in the long era of tranquility at home generation after generation of Marines have grown gray in war in both hemispheres, and in every corner of the seven seas so that our country and its citizens might enjoy peace and security.

In every battle and skirmish since the Birth of the Corps, Marines have acquitted themselves with the greatest distinction, winning new honors on each occasion until the term “Marine” has come to signify all that is highest in military efficiency and soldierly virtue.

This high name of distinction and soldierly repute we who are Marines today have received from those who preceded us in the Corps. With it we also received

from them the eternal spirit which has animated our Corps from generation and has long been the distinguishing mark of Marines in every age. So long as that spirit continues to flourish Marines will be found equal to every emergency in the future as they have been in the past, and the me of our nation will regard us as worthy successors to the long line of illustrious men who have served as “Soldiers of the Sea” since the founding of the Corps.”

### Religious Services

The Chaplain’s Office, located in building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, contact the Chaplain’s Office at 858-577-1333, or visit [www.miramar.usmc.mil](http://www.miramar.usmc.mil).

**Sunday:**

- 9 a.m. Protestant Worship Service
- 9:30 a.m. Protestant Children’s Worship
- 11 a.m. Roman Catholic Eucharist

**Religious Education/Sunday:**

- 9:30 – 10:45 a.m. Catholic CCD Children K-12
- 10 a.m. Protestant Adult Bible Study
- Wednesday 6 – 7 p.m. Baptist Service

**Weekday Worship Service:**

- Monday – Friday 11:30 a.m. Catholic Mass
- Monday 6:30 p.m. Contemporary Praise and Worship Service
- Wednesday 7 p.m. Baptist Service

**Study Groups:**

- Monday Night Bible Study 7:00 p.m. Classroom in the Chapel area
- Tuesday morning Prayer Service and study group 6:00 a.m.

**Islamic Worship Service:**

Fridays at 12:00 p.m.

Located in the Chapel or visit [www.icsd.org](http://www.icsd.org)

**Jewish:**

Jewish Outreach at 858-571-3444

[www.jewishinsandiego.org](http://www.jewishinsandiego.org)

USPS overseas holiday mailing guide			
Destination	Express	1st Class	Priority
APO/FPO AE 090 - 092	Dec. 18	Dec. 11	Dec. 11
APO/FPO AE 093	Dec. 4	Dec. 4	Dec. 1
APO/FPO AE 094 - 098	Dec. 18	Dec. 11	Dec. 11
APO/FPO AA 340	Dec. 18	Dec. 11	Dec. 11
APO/FPO AP 962 - 966	Dec. 18	Dec. 11	Dec. 11



# 233 years of Marine Corps history

Nov. 10 - The Marine Corps is created at Tun Tavern in Philadelphia by a resolution of the Continental Congress which raises two battalions of Marines.

Sep. 13 - After the Battle of Chapultepec during the Mexican-American War, the Marines are amongst the first United States troops to enter the capital city of Mexico.

The Marine Corps adopts its official motto, Semper Fidelis, which is Latin for Always Faithful.



June 1-26 - Marines participate in the Battle of Belleau Wood during World War I, where they crush a German offensive. German troops refer to the Marines as "Dogs of Hell" or "Devil Dogs."

Marines make a fighting withdraw from the Chosin Reservoir during the Korean war. Despite being heavily out-numbered, the Marines inflict heavy casualties on the enemy and withdraw in an orderly manner.



Oct. 23 - An explosive-laden truck drives into the Marine barracks in Beirut, Lebanon, and explodes. The attack kills 241 Americans and wounded 70 others.



March 20 - The military invasion of Iraq begins under the code-name Operation Iraqi Freedom.

The United States Marine Corps celebrate their 233rd birthday. Happy Birthday, Marines.

1775



1805



April 27 - A small force of Marines led by Lt. Presley O'Bannon storm the Barbary Pirates stronghold at Derna. O'Bannon was presented the Mameluke sword by Prince Hamet.

1847



1868



Brigadier Gen. Jacob Zielin adopts the Eagle, Globe, and Anchor as the Marine Corps emblem.



1883



1901 -

1934



The Marine Corps is used to quell disturbances throughout the world. Due to the Marines seeing extensive action in the Caribbean, these tours came to be known as the Banana Wars.

1918



1945



Feb. 23 - Five Marines and one Navy corpsman raise the U.S. flag over Mount Suribachi on the fourth day of the Battle of Iwo Jima.

1950



1968



Fighting house-to-house, Marines force the North Vietnamese Army out of the city during the Battle of Hue City.



1983



1991



When massive bombing fails to force Iraqi forces to withdraw from Kuwait during Operation Desert Storm, Marine ground forces sweep in and liberate the country while inflicting heavy damage on enemy forces, it what would be known as the 100-Hour War .

2003



2004



Nov. 8 - During Operation Iraqi Freedom Marines return to Fallujah after the city has been under insurgent control since April. After some of the fiercest urban fighting since the Vietnam War, Marines bring the city under Coalition control.

2008





Lance Cpl. Austin Goacher

The Marines of Marine Medium Helicopter Squadron 165 perform one last formation before reuniting with their families here Nov. 3. The Marines just returned from a six-month deployment with the 15th Marine Expeditionary Unit.

## HMM-165 returns from MEU

### COMPILED BY

Flight Jacket Staff

Several CH-46Es and CH-53Es descended on the flight line here Nov. 2, as Marine Medium Helicopter Squadron 165 returned home from a deployment with the 15th Marine Expeditionary Unit.

Hundreds shouted for joy when more than 450 Marines exited the aircraft and entered the

view of their awaiting families.

"This was like Christmas, Thanksgiving and all of those holidays rolled into one now that he's back," said Tressa McAndrew, the mother of Cpl. T.R. McAndrew, an airframe mechanic with the "White Knights."

During the deployment, the Marines participated in exercises Eager Mace and Infinite

Moonlight, explained Lt. Col. Preston W. Jones, the commanding officer of the squadron. The exercises increased interoperability between U.S. armed forces and Kuwaiti and Jordanian forces respectively.

After a short break, the Marines will return to work and begin preparing for the next time they deploy in support of the Global War on Terrorism.

## 'Heavy Haulers' return to US soil

### LANCE CPL. CHRISTOPHER O'QUIN

Combat Correspondent

While some people went trick-or-treating for Halloween, families of 3rd Marine Aircraft Wing Marines and sailors had a different reason to celebrate.

More than 150 Marines and sailors with Marine Heavy Helicopter Squadron 462, Marine Aviation Logistics Squadron 11 and

Marine Tactical Air Command Squadron 38, returned here, Oct. 31, after serving in Iraq and Afghanistan for more than seven months.

HMH-462, nicknamed the "Heavy Haulers," logged thousands of flight hours and supported 3rd MAW operations by providing forward operating bases with supply replenishment, troop transportation and a multitude of heavy-lift operations. A detachment from the

squadron served in Afghanistan and supported coalition operations during part of the deployment.

"They did an incredible job," said Lt. Col. Kevin G. Moss, the commanding officer for HMH-462. "It's great to see all these families here to welcome their loved ones."

The Heavy Haulers intend to continue training in support of 3rd MAW and remain ready for any mission.



Lance Cpl. Christopher O'Quin

Maj. Michael A. Carter, a pilot with Marine Heavy Helicopter Squadron 462, greets his girlfriend, Aly, after stepping off a plane during a homecoming at the visiting aircraft and passenger terminal here, Oct. 31.



Lance Cpl. Christopher O'Quin

College Week Live, an online college fair, runs November 12-13, from 9 a.m. to 11 p.m. EST and enables Marines, sailors and their family members to attend from their home computers. The fair happens twice a year, in spring and fall.

## College help just a click away

**LANCE CPL. CHRISTOPHER O'QUIN**  
Combat Correspondent

Marines and sailors seeking a post high-school education can speak with college counselors, educators and administrators from the comfort of their desk when CollegeWeekLive kicks off Nov. 12.

The two-day college fair will take place online and feature virtual booths, scholarship resources and other tools for individuals pursuing a college education.

"The fair will give potential students easy access to a bigger variety of colleges from the comfort of their own home," said Gunnery Sgt. Scott A. Cavanagh, the station education officer.

Counselors come from institutions such as Yale University, Columbia University and the United

States Naval Academy.

"Strong academic performance is always a good strategy for applying," said Janine Koffel, a station school liaison. "Balancing academics with community involvement and service is also encouraged. Colleges like to see applicants who are not only academically successful, but also engaged in making a difference in their communities."

During the fair, attendees can view live streaming videos of college admission experts addressing topics such as financial aid, college admission trends and academic testing. People will also have the opportunity to ask counselors admission-related questions.

"We will send out a base-wide message to alert our active-duty folks when it begins," said Koffel. "We've also sent out information to

all the family readiness officers to share with their families."

The fair will offer a \$3,500 scholarship to students who answer, in 150 words or less, the following question: "Going to college is a big, important step in one's life. What are you looking forward to the most about going to college, and why?"

Essays must be completed by Nov. 9th. The individuals applying must attend College Week Live, Nov. 12th and 13th to be eligible to register.

People seeking information from counselors should have a copy of their SAT or ACT test scores and school transcripts ready, explained Cavanagh.

Marines, sailors and their families can register for free at the fair's Web site <http://collegeweeklive.com> and attend from 6 a.m. to 8 p.m. PST.

## CFC donations assist worldwide organizations

**CPL. MICHAEL STEVENS**  
Combat Correspondent

The time for federal civilian and military employees to donate to the Combined Federal Campaign has arrived.

The CFC, which runs from Sept. 1 to Dec. 15, supports eligible non-profit organizations that provide health and human service benefits throughout the world. This year's charity list features more than 2,500 local and international organizations.

"The CFC is the world's largest and most successful annual workplace charity campaign," said Lisa Mackar, associate director of the San Diego County CFC. "The San Diego

and Imperial County CFC raised more than \$5.8 million in 2007. This year our goal is \$6 million."

Service members and Department of Defense civilians aboard MCAS Miramar have the ability to donate through payroll deductions, cash or by check; DoD contractors and reservists can only donate through cash or check. Online donations can be made at the San Diego CFC website as well.

Individual-section coordinators within each work station will hold classes to further explain the details of the campaign. Each coordinator will also have catalogs that list all the charities involved and pledge cards for service members to complete.

Donations are not mandatory, but Mackar states the importance of even the slightest contribution.

"The counties (in Southern California) have an estimated population of 130,000 federal employees," said Mackar. "If every federal employee were to donate one hour of pay a month for 12 months, San Diego would be a \$22 million campaign."

The potential to make a difference definitely exists in our community, she added.

For more information about the CFC, including a list of charities and online donation card, please visit their San Diego Web site at [www.cfc-sandiego.org](http://www.cfc-sandiego.org).



# Veteran's Day 2008

## A Proclamation by the President of the United States of America

On Veterans Day, we pay tribute to the service and sacrifice of the men and women who in defense of our freedom have bravely worn the uniform of the United States.

From the fields and forests of war-torn Europe to the jungles of Southeast Asia, from the deserts of Iraq to the mountains of Afghanistan, brave patriots have protected our Nation's ideals, rescued millions from tyranny, and helped spread freedom around the globe. America's veterans answered the call when asked to protect our Nation from some of the most brutal and ruthless tyrants, terrorists, and militaries the world has ever known. They stood tall in the face of grave danger and enabled our Nation to become the greatest force for freedom in human history. Members of the Army, Navy, Air Force, Marines, and Coast Guard have answered a high calling to serve and have helped secure America at every turn.

Our country is forever indebted to our veterans for their quiet courage and exemplary service. We also remember and honor those who laid down their lives in freedom's defense. These brave men and women made the ultimate sacrifice for our benefit. On Veterans Day, we remember these heroes for their valor, their loyalty, and their dedication. Their selfless sacrifices continue to inspire us today as we work to advance peace and extend freedom around the world.

With respect for and in recognition of the contributions our service members have made to the cause of peace and freedom around the world, the Congress has provided (5 U.S.C. 6103(a)) that November 11 of each year shall be set aside as a legal public holiday to honor America's veterans.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim November 11, 2008, as Veterans Day and urge all Americans to observe November 9 through November 15, 2008, as National Veterans Awareness Week. I encourage all Americans to recognize the bravery and sacrifice of our veterans through ceremonies and prayers. I call upon Federal, State, and local officials to display the flag of the United States and to support and participate in patriotic activities in their communities. I invite civic and fraternal organizations, places of worship, schools, businesses, unions, and the media to support this national observance with commemorative expressions and programs.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of October, in the year of our Lord two thousand eight, and of the Independence of the United States of America the two hundred and thirty-third.

GEORGE W. BUSH




### Veteran's Day activities in San Diego

- 2008 San Diego Veteran's Day Parade "The Forgotten War - Korea" - Tuesday, Nov. 11 at 11 a.m., starting at Cedar Street.
- Mt. Soledad Veterans Memorial in La Jolla - Special plaque presentation and ceremony honoring Brig. Gen. James Maitland Stewart, a highly decorated Air Force pilot during World War II. The event is from 11 a.m. - 12:15 p.m.
- The American Legion Post 434 holds to the Heroes to Hometowns/Wounded Warriors BBQ, Saturday, Nov. 8 from 11 a.m. - 3 p.m. at 47 5th Ave. Chula Vista, Calif. Free to active duty and \$4.25 for guests. Call 619-422-9309 for information.
- Veterans of Foreign Wars Post 2111 hosts the 7th Annual "Walk for Veterans" Saturday, Nov. 8 at 9:30 a.m. in Veterans Park located at 785 East Palomar Chula Vista, Calif. 91910 and ending at VFW Post 2111, at 3rd and I St., Chula Vista. Registration is \$20 with proceeds going to Home Support Foundation. Call 619-422-1262 for information.



Lance Cpl. Christopher O'Quinn

L.I.N.K.S for Marines is held the third Tuesday of each month in the Miramar Room at the Hub. The classes last from noon until 4:30 p.m. and include a free lunch for participants.

## The missing L.I.N.K.S to building a strong family

### LANCE CPL. RYAN RHOLES

Combat Correspondent

For years, Lifestyles, Insights, Networking, Knowledge and Skills volunteers have dedicated their time to reaching out to new spouses and assisting them with snapping into their new surroundings.

Now, L.I.N.K.S is also arming Marines, teens, and children with the knowledge they need to be successful while living the military lifestyle.

L.I.N.K.S is a Marine Corps Family Team Building program that provides a relaxed forum for experienced volunteers to pass information to people new to the Marine Corps about available benefits and opportunities.

“L.I.N.K.S for Marines helps ‘front-load’ junior Marines with information they will need to survive and thrive in the Marine Corps,” said Nico Duncan, the L.I.N.K.S program manager here. “We feel that educating Marines as well as their spouses will strengthen and empower families.”

All classes use interactive settings. If people are comfortable they are more willing to ask questions when they do not understand something, explained Duncan.

The classes for Marines teach them about available benefits, career retention and how to handle separations and deployments.

“I think the benefits available to a Marine and his family are the most important things we teach,” said Shannon Dombkowski, a L.I.N.K.S volunteer. “After I went through my first class as a spouse, I knew more about TRICARE and what they offered than my husband did.”

Sometimes Marines aren’t aware of services available to them like the food locker, family member employ-

ment assistance or the counseling centers, added Dombkowski. L.I.N.K.S will teach Marines all of those things.

The classes for children and teens are aimed at helping military children understand their parent’s role as a service member, and learn to deal with things such as frequent moves.

In addition to providing children with information, the classes for teens and children may also provide parents comfort and can improve their mission readiness.

“Deployed parents need to focus on their mission while deployed,” said Duncan, who also served as a Marine. “If a parent is sure their child knows what is going on and knows who to go to when they need help, they can concentrate on their job instead of worrying about their family.”

As long as people leave the class with an improved sense of knowledge then the class has been worthwhile, added Duncan.

“L.I.N.K.S 4 Kids” is for ages five through 12, and “L.I.N.K.S for Teens” is for ages 13 through 18, added Duncan. The classes are taught using age-appropriate teaching techniques and curriculum. The classes focus on coping with feelings, being a good friend and citizen and basic financial awareness.

The classes for Marines last from noon until 4:30 p.m. every third Tuesday of each month in the Miramar Room at The Hub. Classes for teens and children are held at the Youth and Teen Center in conjunction with spouse classes.

For more information, or to register for the classes, visit the MCCS Web page at [www.mccsmiramar.com/links.html](http://www.mccsmiramar.com/links.html).



# SEIZE THE

## Coaches' Course

PHOTOS AND STORY BY  
LANCE CPL. AUSTIN GOACHER  
Combat Correspondent

More than 10 Marines completed the Marine Corps Air Station Miramar Marksmanship Training Unit's coaches' course Oct. 30.

During the course, Marines reinforce their fundamental marksmanship skills while developing and refining their skills to combat-ready levels, explained Sgt. Jorge Hernandez, an instructor for the course.

Each day of the three-week-long course focused on a different way to improve marksmanship.

"I learned a lot during the course," said Cpl. Oscar D. Saenz, a coach trainee. "Along with the many things we covered, we also fired Table 2, the unknown distance course, and both a daytime and nighttime version of Table 3."

Once the Marines finish the course they are authorized to work at the range as coaches, explained Hernandez. During their course instructors observe the coaching techniques on the range.

"After completing the course I really feel like I can help a lot of shooters improve their scores," said Saenz. "It's exciting because I know I can affect how everyone else shoots now."

The Marines sat through several classes before they began applying their lessons through training exercises, explained Hernandez. The students spent hours rehearsing combat movements and dry firing their weapons.

"The Marines attending this course receive more than 100 hours of fundamental rifle training, entry level pistol training, techniques of coaching instruction and combat marksmanship training," said Hernandez. "Throughout the training safety is extremely important."

For many of the Marines, it was the first time

they had gotten their weapon

A lot of the "which made it important to Saenz.

For their trained at the they focused as night vision optical guns, they had learned

Once the students, the exercises conducted night fire firing

"Night fire the training" of all the hard was a lot of fun your firing."

During the Marines focused their night vision

The night skills they learned to pass the evaluation each portion minimum score become coaches

In order to needed to call explained Saenz

"We learned and we had to we're on the

Upon completion Marines earned

The new incoming shooters Hernandez.

Right Page photos: (clockwise from left) Sgt. Nick Swearingen, a combat rifleman, sticks sticks into targets as a point-of-aim for students during a night shoot on the range. The target 80 out of 100 rounds to pass the course.

Cpl. Oscar Saenz, a student in the coaches' course here, adjusts his night vision goggles on the Carlos Hathcock Range Complex here Oct. 30. After completing the coaches' course, trainees become certified range coaches.

Sgt. Michael J. Montoya, an instructor at the range here, helps a student adjust his night vision goggles during a night shoot here Oct. 30. During the shoot, the Marines used night vision goggles

Right: A coach trainee aims in with a laser sight during a night shoot at the Carlos Hathcock Range Complex here Oct. 30. The coaches-to-be learn how to fire weapons they may encounter while helping Marines qualify on the range.

Below: Cpl. Oscar Saenz, a student in the coaches' course here, turns on his night vision goggles before a night shoot on the Carlos Hathcock Range Complex here Oct. 30. The Marines in the course received more than 100 hours of fundamental rifle training.





# THE NIGHT

## *loses with night fire exercise*

en this in-depth while training with  
s.

ne training was new to the Marines,  
e it exciting because I knew it was  
focus on what we were doing,” said

‘practice’ sessions the Marines  
old MCAS Miramar range where  
on learning to use equipment such  
on goggles and advanced combat  
ights while practicing the movements  
ned.

instructors grew confident in their  
Marines participated in live-fire  
cluding with a combined day and  
ng drill Oct. 30.

re was definitely my favorite part of  
said Saenz. “It was the culmination  
d work we put into the course and it  
un seeing how the darkness affects

ne night portion of the final event, the  
used on combat marksmanship, using  
ision and perfecting their movements.  
t fire forced the Marines to use all the  
arned throughout the training in order  
vent, explained Hernandez. As with  
of the course, the Marines needed a  
ore of 80 percent in order to pass and  
hes.

o pass the final event, the Marines  
ll upon all the training they received,  
enz.

ned how adjustments effect accuracy  
o know what to do to improve while  
range,” said Saenz.

mpletion of the final exercise, the  
ed the right to be known as coaches.  
y trained coaches should begin train-  
in the near future, explained

marksmanship instructor here, inserts glow  
here Oct. 30. The Marines needed to hit

night vision goggles before a night shoot  
the night shoot, the final portion of the

adjust the sights on his rifle during a night  
, glow-sticks and advanced combat optics.





# Snapshots of the Week



Lance Cpl. Christopher O'Quinn

Lt. Col. Dan E. Dowse, the commanding officer of Headquarters and Headquarters Squadron, takes a plunge in a dunk tank during the Halloween Barracks Bash here, Oct. 29. Senior enlisted leaders and officers from squadrons took turns getting dunked.



Lance Cpl. Christopher O'Quinn

Sgt. Matthew J. Shiver, a crew chief with Marine Heavy Helicopter Squadron 361, and his wife Tiffany, pass out candy Friday to children of squadron Marines and sailors during the unit family day "Trunk-or-Treat." Squadron members carved pumpkins, climbed a rock wall, ate barbequed hamburgers and threw horseshoes as part of the festivities.



Lance Cpl. Austin Goacher

Niki Reid and Cathy Passant stop for a picture at the Ugly Gown Ball here Nov. 1. More than 100 spouses of deployed Marines attended the event which included a traditional Marine Corps ball ceremony, dinner and a contest for the most creative gown, which Reid won.

# Personalized holiday DVDs bring loved ones closer

**LANCE CPL. JUSTIS T. BEAUREGARD**  
Combat Correspondent

Military families now have the opportunity to be a little "digitally closer" to their deployed service member this holiday season.

Marine Corps Family Team Building and the Sony Corporation of America, will help families record a holiday DVD at The Hub's Miramar Room Nov. 18.

"We encourage families to treat the space as their own living room," said Angie Olberding, program trainer readiness & deployment support for MCCS Miramar. "Bring the dog, goldfish, children dressed for the holidays, anything you would do if you

were making the video at your own home."

Families that participate in the event will receive their personalized video message, which can be up to 30-minutes long, before they leave the building, explained Rosanne P. Brown, a community affairs representative for Sony.

This is the fourth year for this event is being held and MCFTB is expecting many families to attend.

"Last year we had a large response, said Olberding. "There was a line of people waiting to get in."

When your Marine is deployed you can feel disconnected from him, explained Olberding. It's good to show your service member how much

you love him.

While assisting with the event last year, Olberding surprised her husband, Staff Sgt. Jeremy J. Olberding, an F/A-18 aircraft mechanic with Marine Fighter Attack Squadron 14, with a holiday message.

"He was excited to receive the DVD," said Olberding. "He was really surprised something that special had been given to him."

"The videos can be very emotional," added Olberding. "I cried through most of the video that I made for my husband."

Five booths will be set up for the videos. Families are encouraged to dress up for the holiday themed video. Families that would like to participate should make a reservation to



photo courtesy of MCCS Miramar

Families of deployed service members can make a video for their loved one at the Hub's Miramar Room Nov. 18. Families are encouraged to dress up for the holiday event for their recording. The event is sponsored by Marine Corps Family Team Building and the Sony Corporation of America.

avoid a long wait, added Olberding.

Families can expect to enjoy free refreshments throughout the day.

For more information or to make a reservation, call Angie Olberding at 858-577-0306 or visit the MCCS Web site at [www.mccsmiramar.com](http://www.mccsmiramar.com).



# Drinking and Driving: Holiday ‘spirits’ may lead Marines to bad decisions

**CPL. JESSICA ARANDA**  
Combat Correspondent

Someone in the U.S. dies every 30 minutes as a result of an alcohol-related automobile incident, according to the National Highway Traffic Safety Administration.

Statistically, drunk driving does not increase during the holidays, but the opportunities to drink – holiday parties or special events – increase the chance someone might make a wrong decision.

“In light of all the partying at this time of year, the presence of alcohol is probably greater and designated drivers are a must,” said Linda Jackowski, the station safety manager. “The most important thing is to plan ahead. The designated driver should be chosen before you get in the car to go.”

The dangers of alcohol-related incidents are preventable, unlike the risks present in a combat zone, explained Jackowski.

Alcohol travels rapidly through the blood stream and reaches the brain almost immediately, according to the Alberta Alcohol and Drug Abuse Commission.

A person’s hand-eye coordination and information processing skills become impaired as soon as they take their first drink.

In California, driving under the influence can lead to license revocation, vehicle impoundment, mandatory treatment for alcoholism, fines and legal fees totaling thousands of dollars.

Under the Uniform Code of Military Justice, Marines could face loss of rank and pay, restriction to military quarters and extra military duties.





























Aside from abstaining from drinking or using a designated driver, the Marine Corps “issues” each of its Marines a safe ride home, the Arrive Alive Card.

“The purpose of the Arrive Alive program is not to get drunk and get a free ride,” said Gunnery Sgt. Andrew J. Kozain, the substance abuse counseling officer for Marine Wing Headquarter Squadron 3. “It’s for use when you’re in a position without money for a cab and getting behind the wheel is not an option.”

The Arrive Alive Cards are accepted in the place of cash, and cab companies send a bill to Marine Corps Community Services.

The Marine is responsible for paying his fee by the next pay day.

“Alcohol-related incidents are preventable,” stressed Jackowski. “So prevent them.”

Stay safe, stay below the limit						
Drinks	Weight in Pounds:					
	100	120	140	160	180	200
1 	.04	.03	.03	.02	.02	.02
2  	.08	.06	.05	.05	.04	.04
3   	.11	.09	.08	.07	.06	.06
4    	.15	.12	.11	.09	.08	.08
5     	.19	.16	.13	.12	.13	.09
6      	.23	.19	.16	.14	.15	.11
7       	.26	.22	.19	.16	.17	.13
Approx. Blood Alcohol Percentage						

Subtract .01% for each 40 minutes of drinking. One drink is 1 oz. of 80 proof liquor, 12 oz. of beer, or 4 oz. of table wine. Food, fatigue, medications, and other conditions may cause your blood alcohol level to be different.



Lance Cpl. Austin Goacher

Cpl. Jeremy Rykard, a maintenance management clerk for Marine Tactical Air Command Squadron 38, dodges the “Mad Dawgs” defense in a game at Marine Corps Base Camp Pendleton, Tuesday. The Miramar Falcons went on to win with a score of 18-0.

# Stellar defense helps Falcons stay on top

**LANCE CPL. AUSTIN GOACHER**  
Combat Correspondent

*Editor's Note: Cpl. Michael R. Stevens' weekly NFL column will return next week.*

**MARINE CORPS BASE CAMP PENDLETON** – The Marine Corps Air Station Miramar “Falcons” tore through the Marine Aircraft Group 39 “Mad Dawgs” with a score of 18-0, on the mainside football field here Nov. 4.

The Falcons offense wasted little time, lighting up the scoreboard on the first play of the game when quarterback Lance Cpl. Donn Gilray, connected with wide receiver, Cpl. Jeremy Rykard, for a more-than-50-yard touchdown.

The Falcons scored two more times in the first quarter, taking a commanding lead and giving the Mad Dawgs a blow they would never recover from.

The Falcons failed to convert on all two-point conversion attempts.

Among the action in the first quarter, Pfc. Collin Crouch broke his leg after taking a punishing block from the Mad Dawgs’ defense.

“Every injury has a huge impact on the team,” said team chaplain Lt. Michael Chester, the Headquarters and

Headquarters Squadron chaplain. “It’s really unfortunate that anyone got hurt during the game.”

Throughout the rest of the game, Miramar’s defense showed the tenacity and fighting spirit that allowed only one touchdown all season. The Falcons forced three interceptions and recovered three fumbles in what many players described as an impressive game.

“We did great,” said Staff Sgt. Franklin Quiros, a member of the all-star defense. “We forced a lot of turnovers and kept them from building any momentum.”

The game was a slow back and forth struggle on the field with many penalties occurring for both sides. After the Falcons’ opening salvo in the first quarter, neither team was able to add more points to the scoreboard.

The Marine Corps Base Camp Pendleton Tackle Football League play-offs begin Nov. 14 at noon when the number one seeded Falcons take on the number nine team during the play-off opener.

“These aren’t going to be the same teams we played at the beginning of the year,” said team coach, Master Sgt. Bennis Branch. “They’re going to be gunning for us now.”



## FRIDAY 7

• All you can eat  
Fish Fry Fridays  
11 a.m. - 1 p.m.  
\$7/person  
Legends Sports Grill

## SATURDAY 8

### Shop at the MCX!

Holiday Gifts sale  
Nov. 5- 16

Veteran's Day sale  
Nov. 7- 11

## SUNDAY 9

• Protestant worship  
service  
9 a.m.

• Protestant  
children's service  
9:30 a.m.

• Roman Catholic  
Eucharist  
11 a.m.

## MONDAY 10

• Alcoholics  
Anonymous  
12-step study group  
6:30 p.m.

Counseling Center  
858-577-6585

• Cal State University  
San Marcos  
10 a.m. - 1 p.m.  
858-577-1801

## TUESDAY 11

• Adecco Staffing Agency Visit  
9 a.m. - 12 p.m.  
Career Resource Center  
858-577-6710

• Taco Tuesday Happy Hour  
Buffet  
5 - 8 p.m.  
Legends Sports Grill

## WEDNESDAY 12

• Free golf clinic  
Active duty service members  
11:30 a.m. - 1 p.m.  
Miramar Golf Course  
858-577-4155

• Domestic Violence Awareness  
1- 3 p.m.  
Counseling Center  
858-577-6568

• Career Resource Center  
"Federal Jobs and Applications"  
1 - 3 p.m. The Hub  
858-577-6710

## THURSDAY 13

• Career Resource Center  
Career Fair  
10 a.m. - 1 p.m.  
The Hub, Rm. 177  
858-577-6710

• Anger Management II  
1- 3 p.m.  
Counseling Center  
858-577-6585

• LAPD Written Testing  
5 - 7:30 p.m.  
The Hub  
858-577-6710

• Nov. 8 & 9

Outdoor paintball Megarena, 10 a.m. - 5 p.m.  
Located on Maxam Ave. east of Miramar Inn  
Open to ages 11 and up, ages 11-18 must be accompanied by  
a parent, unless active duty  
619-228-4446

## 233rd Birthday of United States Marine Corps

### OOH-RAH, Marines!



### MCCS Free Prize Giveaways

**Entertainment Ticket Office:**

Aquarium of the Pacific Gift Pack

**Golf Pro Shop:**

Round of golf for four with two carts

**Stop in and fill out an entry form today!**

Winner will be drawn November 28

Weekly  
Events...

- Sports Complex Marine Teen training - Tues. & Sat. 858-577-4128/4129
- Deployment support for preschoolers, elementary and teens - M, T, W 858-577-6959

Don't  
Miss...

- Children's Christmas Carnival - Dec. 6
- Parade through Housing - Dec. 17

"Providing over 100 programs for you and your family"



- ★ Marine & Family Services
- ★ Marine Corps Family Team Building
- ★ Semper Fit & Recreation
- ★ Free Special Events
- ★ Dining & Clubs
- ★ Shopping & Services

"Serving Those Who Serve"  
[www.mccsmiramar.com](http://www.mccsmiramar.com)

### California State University San Marcos coming to MCAS Miramar

California State University San Marcos is coming to the MCAS Miramar Education Center; located in The Hub (Bldg 5305) CSUSM counselors will visit on Monday, November 10 from 10 a.m. - 1 p.m. Get your questions ready and stop by to talk to one of their counselors. If you're unable to attend, there will be one more visit on Monday, December 8. Call 858-577-1801 for more information.

### Career Fair at the Hub

MCAS Miramar Career Resource Center is holding a Career Fair for Military, DoD, Veterans and Family Members on Thursday, November 13 from 10 a.m. - 1 p.m. at The HUB, Building 5305 in Room #177. Bring your resume and come dressed for success. This event is open to all hands. Call 858-577-6710 for more information.

### Virtual College fair

CollegeWeekLive is a virtual college fair scheduled for Nov. 12 and 13. This online event will bring the features and benefits of a physical college fair to participants live. The fair will feature over 200 colleges from across the country and around the world. For more information and to register visit the fair's Web site at [www.collegeweeklive.com](http://www.collegeweeklive.com).

## ANNOUNCEMENTS



### Knott's Veteran's Day Tribute

Knott's annual tribute to the military, past and present happens Nov. 1 to 27. Veterans or active duty plus one guest get in free with proper military ID. Purchase six additional tickets for only \$15.

### MCAS Miramar Ball

The 233rd birthday ball is at the San Diego Marriott Hotel and Marina on Dec. 8. The reception starts at 5 p.m. with the ceremony at 6:30 p.m. Dinner and dancing starts after the ceremony.

### 3rd MAW Ball

The 233rd birthday ball is at the San Diego Marriott Hotel and Marina on Dec. 8. The reception starts at 5 p.m. with the ceremony at 6:30 p.m. Dinner and dancing starts after the ceremony.

### Hiring Event

RecruitMilitary Career Fair, a free hiring event for veterans and personnel who are transitioning from active duty, Reserves, Guard, and military spouses is scheduled for Nov. 13 from 11 a.m. to 3 p.m. at the

Qualcomm Stadium, San Diego. For more info or to register, visit their Web site at [www.recruitmilitary.com](http://www.recruitmilitary.com).

### Respite Child Care

Deployed Guard and Reserve and independent duty personnel with children up to age 12 can be considered for free child care up to 32 hours per month, per child in YMCA facilities approved by DoD. For more information or to register, visit the Military One Source Web site at [www.military-onesource.com](http://www.military-onesource.com).



WHAT'S PLAYING...  
AT THE BOB HOPE THEATER

### Fri. November 7:

Righteous Kill (R) 6:30 p.m.  
Burn After Reading (R) 9:00 p.m.

### Sat. November 8:

Igor (PG) 6:30 p.m.  
Lakeview Terrace (PG-13) 9:00 p.m.

### Sun. November 9:

\*The Women (PG-13) 1:00 p.m.  
\*Bangkok Dangerous (R) 6:30 p.m.

### Wed. October 12:

My Best Friend's Girl (R) 6:30 p.m.

### Thurs. October 13:

Free Showing: Journey to the Center of the Earth  
NOT 3-D (PG) 2:00 p.m.  
\*Burn After Reading (R) 6:30 p.m.

\* indicates last showing